

Food & Nutrition Project Skillathon Study Guide

This packet includes examples for the Food & Nutrition Project Skillathon that will take place during Food & Nutrition Project Judging. The Skillathon activities will be taken into consideration when the judge is scoring/placing projects. There are no points associated with the scoring or additional awards for Food & Nutrition Project Skillathon.

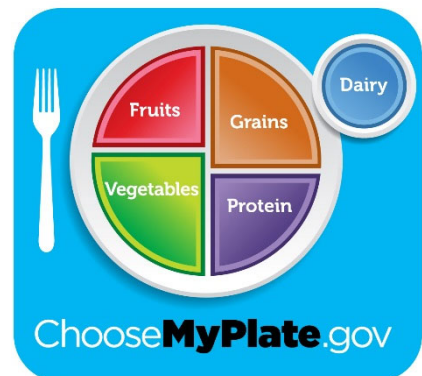
Along with the activities in this packet, members will also be required to complete a table setting. Materials will be provided for the table setting portion. Examples of the table setting are provided in this packet based on skill levels.

Each skill level has multiple activities enclosed in the study guide. Only two will be selected for skillathon. The levels are based on the skill level of the project NOT member's age. Please see the list below to find your project and the skill level it falls under.

Beginner Skill Level	Intermediate Skill Level	Advanced Skill Level
J-20 Snack Attack! - Junior J-21 Snack Attack! - Senior J-22 Let's Start Cooking – Junior J-23 Let's Start Cooking - Senior J-24 Take a Break for Breakfast - Junior J-25 Take a Break for Breakfast – Senior J-26 Everyday Food and Fitness – Junior J-27 Everyday Food and Fitness - Senior	J-6 Let's Bake Quick Breads - Junior J-7 Let's Bake Quick Breads - Senior J-8 Racing the Clock to Awesome Meals - Junior J-9 Racing the Clock to Awesome Meals - Senior J-10 Grill Master - Junior J-11 Grill Master - Senior J-12 Star Spangled Foods – Junior J-13 Star Spangled Foods – Senior J-14 Sports Nutrition: Ready, Set, Go – Junior J-15 Sports Nutrition: Ready, Set, Go – Senior J-16 Party Planner: A 4-H Guide to Quantity Cooking – Junior J-17 Party Planner: A 4-H Guide to Quantity Cooking – Senior J-18 Dashboard Dining – Junior J-19 Dashboard Dining – Senior	J-1 Yeast Breads on the Rise J-2 You're The Chef J-3 The Global Gourmet J-4 Pathways to Culinary Success J-5 Beyond the Grill

Need help reviewing and understanding the materials? Check out the insert that was in in the front of your project book, which includes:

- You Have Chosen A Food & Nutrition Project...Now What?
- What's on your plate? MyPlate - www.choosemyplate.gov
- All project requirements and other helpful documents on our website - <http://go.osu.edu/ProgramRequirements>



Mercer County Foods Skillathon- Advanced

Name: _____

Club: _____

1. Match the nutrients with its function in the tables below

	Vitamin A
	Vitamin B
	Vitamin C
	Vitamin D
	Vitamin E
	Vitamin K
	Iron

A.	Promotes absorption and use of calcium and phosphate for healthy bones and teeth
B.	Needed for new cell growth, healthy skin, hair, & tissues, and vision
C.	Protects red blood cells and helps prevent destruction of vitamins A and C.
D.	Necessary for normal blood clotting and synthesis of proteins found in plasma, bone, & kidneys
E.	Needed for building proteins in the body, red blood cells & normal function of nervous tissue
F.	Needed for the formation of collagen to hold cells together for healthy teeth, gums, & blood vessels; improves iron absorption and resistance to infection
G.	Needed for the formation of hemoglobin, which carries oxygen from the lungs to the body cells

	Calcium
	Carbohydrates
	Fat
	Magnesium
	Phosphorus
	Potassium
	Protein

A.	Needed for healthy bones and teeth, normal blood clotting, & nervous system functioning
B.	Needed for healthy bones & teeth, proper nervous system functioning, & energy metabolism
C.	Needed for healthy bones & teeth, energy metabolism, & acid/base balance in the body
D.	Needed for maintaining proper fluid balance, nerve impulse function, muscle function, & cardiac function
E.	Supplies energy for the body and aids in forming structural material of cells & tissues
F.	Needed for the structure of red blood cells, proper functioning of antibodies resisting infection, regulation of enzymes & hormones, growth, & repair of body tissues
G.	Provide the body with a source of energy required to carry out daily activities

2. Complete a healthy one day meal plan that contains the suggested servings of each food group for a day. Not every food group has to be used for every meal.

	Vegetable (3)	Fruits (2)	Grains (6)	Protein (2)	Dairy (3)
Breakfast					
Lunch					
Dinner					

Mercer County Foods Skillathon- Advanced

Name: _____

Club: _____

1. Match the cooking term and measuring equivalent

Baste	
Cure	
Julienne	
Skim	
Steep	

A. To cut vegetables, fruits, or cheese into thin strips
B. To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point
C. To moisten foods during cooking to add flavor and prevent drying
D. To preserve meats by drying and salting and/or smoking
E. To remove impurities, whether scum or fat, from a surface of a liquid during cooking, thereby resulting in a clear, cleaner tasting product

2 Gallons	
32 Tablespoons	
12 Cups	
9 teaspoons	
62 Tablespoons	

A. 2 Cups
B. 3 Tablespoons
C. 8 Quarts
D. 3 Quarts
E. 1 Quart

2. Complete a healthy one day meal plan that contains the suggested servings of each food group for a day. Not every food group has to be used for every meal.

	Vegetable (3)	Fruits (2)	Grains (6)	Protein (2)	Dairy (3)
Breakfast					
Lunch					
Dinner					

Advanced Level

